

Recreation Programs

Winter 2011/12

CITY OF LAKE FOREST

December, January, February

Leisure Times




SnowFest

January 28, 2012 See page 2



LEISURE TIMES INDEX

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Community Services Winter Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

The Community Services Department will be closed on the following holidays (**No classes will be held on the following Mondays**):

- December 26 (in observance of Christmas Holiday)
- January 2 (in observance of New Year's Day)
- January 16 (Martin Luther King, Jr. Day)
- February 20 (Presidents' Day)

City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6:00 pm during the remainder of the work week to serve you better! During the months of December, January, and February, City Hall is closed on the following Fridays:

- Friday, December 9
- Friday, December 23
- Friday, January 6
- Friday, January 20
- Friday, February 3
- Friday, February 17



For general questions regarding Community Services Programs on these days visit the City website at www.lakeforestca.gov. You can also register for programs even on these closed days. Visit our on-line registration at online.activecommunities.com/lfreconline.



Contact Information

Lake Forest Community Center
25550 Commercentre Dr
Lake Forest, CA 92630
461-3450
www.lakeforestca.gov

Etnies Skatepark
of Lake Forest 916-5870
www.etnies skatepark of lake forest.com

Lake Forest Teens 461-3446
www.LFteens.com

Lake Forest Seniors 461-3408
www.lakeforestca.gov/seniors

IVC Emeritus
Registration 451-5555

SVUSD
Recreation 768-0981, press 3

Building Inspection 461-3470

City Clerk 461-3420

City Council 461-3422

City Manager's Office . . . 461-3410

Community
Policing Center 461-3530

Employment Hotline . . . 461-3418

Fields Hotline 461-3595

Graffiti Hotline 461-3583

Planning 461-3491

Public Works 461-3480

Recreation 461-3450

Redevelopment 461-3567

Front Cover Photo: John McGuire



CITY SPECIAL EVENTS



Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! You don't need to know how to play BUNCO... we'll teach you! No skill is involved – just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

Location: Lake Forest Community Center
(25550 Commercentre Dr)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2572 Adults/Seniors Jan 20 Fri 7:00-9:30 pm

30th Annual Victorian Christmas

Enjoy festive holiday entertainment including children's crafts, historical exhibits, and handicraft vendors. You can also tour decorated historic buildings staffed by our costumed docents. Last but not least, don't forget to visit with Santa before leaving this event!

Fee: \$4 Adults/ \$3 Children (ages 3-12)

Location: Heritage Hill Historical Park (25151 Serrano Rd)

To Register: Pay at the door

For more info call: Heritage Hill Historical Park at 923-2230 or 923-2232

Families Dec 3 Sat 11:00 am-3:00 pm

Winter Registration Dates:

Tuesday, November 15 (Lake Forest Residents)

Monday, November 21 (Non-Residents)

North Pole Calling

As the holiday approaches, it signals the arrival of Santa Claus. What better way to celebrate than with a phone call from the jolly old man himself? If your little one would like to hear from Santa Claus, the City of Lake Forest will be happy to arrange it. **Just fill out the North Pole Calling reservation form, which will be available online at <http://www.lakeforestca.gov/depts/cs/default.asp> as of Wednesday, November 2nd. Then turn it in by mail, fax, or walk your reservation in to make sure you get that special holiday call.**

Fee: Free for Lake Forest residents

Reservation Deadline Date: **Friday, December 2nd**

Online Registration is not accepted for this program.

For more info or to receive a North Pole Calling reservation form call: The City of Lake Forest at 461-3450

Ages 3-8 Dec 5-7 Mon-Wed 6:30-8:30 pm

(Ages 3-4 will be called on Monday, Ages 5-6 will be called on Tuesday, and Ages 7-8 will be called on Wednesday)



Breakfast With Santa

This popular annual event should be a part of every family's holiday traditions. Santa invites you and your family to join him for a delicious home-style cooked breakfast complete with pancakes, side dishes, juice, and milk. There will be holiday melodies, cookie decorating, and story time with Santa to add to this wintertime magic. Be sure to invite your friends and family as Mrs. Claus and Santa's elves will be on hand to join the fun! **Day of registration will not be accepted**, so register early. Santa wants to see everyone!

Fee: \$6 per person (children ages 3 and older must be registered)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2591 Families Seating 1 Dec 10 Sat 8:00-10:00 am

Act#: 2592 Families Seating 2 Dec 10 Sat 10:30 am-12:30 pm



SnowFest 2012 Saturday, January 28

Come be a part of this annual winter event and hit the snow laden slopes at Pittsford Park! Grab the kids, the camera, and your friends and come play in the snow. Sleds and saucers will be available for you and your family to slide down Mount Pittsford. There will also be a free snow play area for kids 5 and under and additional attractions, including guest appearances from a galaxy far away. Food and drinks are available for a nominal fee. **Pre-registration is mandatory. Tickets are sold out by the time of the event.** Everyone who sleds down the hill must have a pre-purchased wristband. Children under five are required to ride with an adult.

Fee: \$5 per Sledder – **Cash only Presale** at the Lake Forest Community Center
Each participant must have a signed waiver form on file with the City.
Online registration is not accepted for this program.

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Purchase tickets at Lake Forest Community Center
 (25550 Commercentre Dr) – **PRESALE AND CASH ONLY**

For more info call: The City of Lake Forest at 461-3450

LAKE FOREST RESIDENT REGISTRATION DATES

(proof of residency is required i.e. Driver's License or Utility Bill):

Lake Forest Residents Only	Wed	Jan 11	12:00-7:00 pm
Lake Forest Residents Only	Thu	Jan 12	12:00-7:00 pm

OPEN REGISTRATION (BASED UPON TICKET AVAILABILITY)

Non-Residents		Fri	Jan 13	12:00-7:00 pm
Session 1	Families	Sat	Jan 28	11:00 am-12:15 pm
Session 2	Families	Sat	Jan 28	12:45-2:00 pm
Session 3	Families	Sat	Jan 28	2:30-3:45 pm

* For more info call:
The City of Lake Forest
 at 461-3450



*For wristband session availability and other information log on to [facebook.com/LakeForestEvents](https://www.facebook.com/LakeForestEvents)

**Rain date for this event is Saturday, February 4. Call the event hotline number at 461-3459 for rain date information.

WINTER EVENTS AT A GLANCE

DATE	TIME	EVENT	LOCATION	FEE
Sat., Dec. 3	11 am-3 pm	30th Annual Victorian Christmas	Heritage Hill Historical Park (25151 Serrano Rd)	\$4 adults/ \$3 children ages 3-12
Sat., Dec. 10	8-10 am 10:30 am-12:30 pm	Breakfast With Santa	Lake Forest Community Center (25550 Commercentre Dr)	\$6 per person (pre-registration required)
Sat., Dec. 10, Sun., Dec. 11	5:30-8:30 pm	26th Annual Candlelight Tour	Heritage Hill Historical Park (25151 Serrano Rd)	\$4 adults/ \$3 children ages 3-12
Tue., Dec. 13	5- 6 pm	8th Anniversary Skatepark Party	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	Free to attend. Food and drink available for nominal fee.
Fri., Dec. 16	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 entry per person
Tue., Dec. 20	6 pm	20th Anniversary Kick-Off Party and Reception	Lake Forest City Hall Council Chambers (25550 Commercentre Dr)	Free to attend
Fri., Jan. 20	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 entry per person
Sat., Jan. 28	11 am-4 pm	SnowFest 	Pittsford Park (21701 Pittsford Dr)	\$5 per sledder (pre-registration is required); additional activities available for nominal fee
Fri., Feb. 10	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 entry per person



Celebrating 20 Years



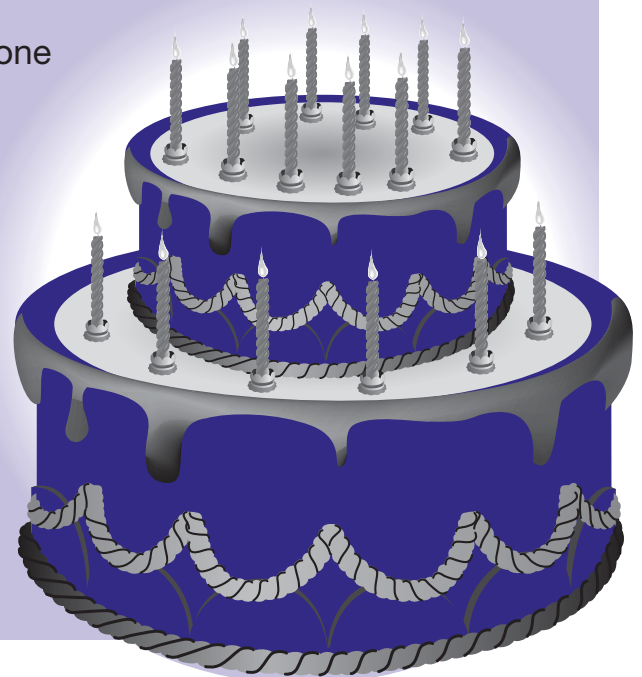
City of Lake Forest 1991-2011

Happy 20th Birthday, City of Lake Forest!

December 20, 1991-December 20, 2011

A kick-off party will take place on December 20, 2011, at the City Council meeting to celebrate the City's 20th anniversary. Come join your City Council to kick off a year-long celebration to commemorate this important milestone in the City's history! Look for special anniversary light pole banners that will be placed around the City beginning in January.

An essay contest in spring, golf tournament in summer, anniversary concert in July, commemorative Fourth of July Parade, and a special celebration party next fall are being planned. For more details regarding upcoming events look on the City's website and in the *Leaflet* and *Leisure Times*.





26th Annual Candlelight Tour

We will offer two enchanting evenings with luminaria-lit paths and historic buildings aglow with holiday lighting. Stroll through restored historical buildings adorned in period décor and staffed by our docents, listen to the sounds of Victorian carolers, live entertainment in each building, and storytellers. Visit with Santa and set aside some time for delicious holiday refreshments.

Fee: \$4 Adults/\$3 Children (ages 3-12)

Location: Heritage Hill Historical Park (25151 Serrano Rd)

To Register: Pay at the door.

For more info call: Heritage Hill Historical Park at 923-2230 or 923-2232

Families	Dec 10	Sat	5:30-8:30 pm
Families	Dec 11	Sun	5:30-8:30 pm



Fourth of July Parade Committee



Would you like to try your hand at event planning? Have you ever wanted to be more involved in City events? The City of Lake Forest is looking for you! We're welcoming interested volunteers to help us plan the 21st Annual Lake Forest Fourth of July Parade. This year's theme is "Lake Forest: Hometown USA". We would like for you to become a parade committee member!

Meeting Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info on the 4th of July Parade Committee call:
Ron Rivera at 461-3457 or email rrivera@lakeforestca.gov

Adults	Feb 6	Mon	6:00 pm
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Fourth of July Parade Logo Design Contest

The City of Lake Forest is looking for creative and patriotic designs for its 21st Annual 4th of July Parade. This year's theme is "Lake Forest: Hometown USA." If you think you have a good idea and design, please send us a Hi Res Jpeg to enter the contest. The winner of the logo contest will have their logo featured on all the 4th of July Parade advertising and will also be invited to be a VIP entry in the parade.

Deadline for entries is February 6 by 5:00 pm.

For more info, please contact Ron Rivera, Recreation Coordinator at 461-3457 or email rrivera@lakeforestca.gov.

Winter Registration Dates:

Tuesday, November 15 (Lake Forest Residents)

Monday, November 21 (Non-Residents)



SAVE THE DATE!

"Bunny Blast: An Egg Wonderland!"

Saturday, March 31
11 am- 3 pm

El Toro Park

(23701 Los Alisos Blvd)

Look for more info in
your Spring *Leisure Times*
at the end of January!





YOUTH



Holiday Hoopla Full-Day Winter Break Camp

This annual holiday party just got bigger and better than ever with two weeks of winter fun, so let's get the party started! Boys and girls are invited to join us for fun and excursions beginning Monday, December 19th. We will go to "Pump It Up" and to see Disney On Ice "Toy Story" at the Honda Center in Anaheim. The following week, we will go to "Pump It Up", Foothill Ranch Cinemas, and Laser Quest. The camp will have an 8 to 1 camper to counselor ratio.

Fee: \$99 per child/Resident
\$104 per child/Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-in, Walk-in

For more info call: The City of Lake Forest at 461-3450

Act#: 2589 8-11 yrs Dec 19-Dec 22 Mon-Thu 8:00 am-6:00 pm
Act#: 2590 8-11 yrs Dec 27-Dec 30 Tue-Fri 8:00 am-6:00 pm



Kids' Factory - SVUSD

Kids' Factory is a FREE drop-in program sponsored by the City of Lake Forest and is designed for elementary school children. This program offers recreational activities and is not considered an accredited child care program. All activities include crafts, sports, and games which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, you can check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11:00 am.

Instructor: SVUSD Staff

Fee: FREE!

Locations: Gates, Foothill, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada, & Santiago Elementary Schools

To Register: On-site registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981, press 3

Times vary depending on school dismissal.

Grades K-6

Sep 12-Jun 15

Mon-Fri

Want more info on how to register for programs online?

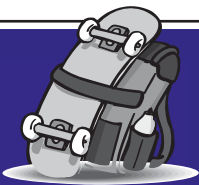
Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.



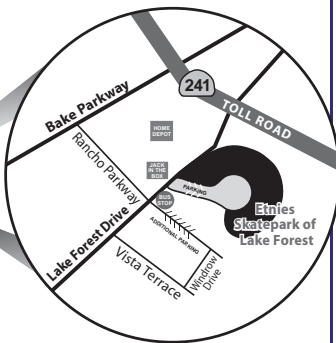
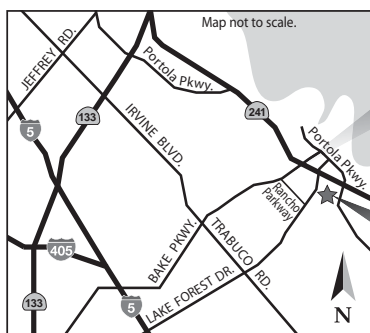
online.activecommunities.com/lfreonline



ETNIES SKATEPARK OF LAKE FOREST



**Etnies Skatepark
of Lake Forest**
20028 Lake Forest Drive
Lake Forest, CA 92630



Come visit Lake Forest's own world class skateboard facility, America's largest free public skateboard facility. The award winning park now measures 62,000 square feet and is a destination for skateboarders from around the world. The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: Free to ride. Non Residents of Lake Forest must pay an annual fee of \$5 for the printing of their ID card. Sessions are still free thanks to the City of Lake Forest.

Location: 20028 Lake Forest Dr. Phone: 949-916-5870

In the case of inclement weather, please call ahead to see if the Park is open.

Make sure to visit the Skatepark on the web at www.EtniesSkatepark.com. The website features interactive tours of the Park, up to date news, links to the Skatepark Twitter and Facebook, photos and videos of recent events, and a collection of history and information about the Skatepark. It is updated weekly with new content so stop by and check it out!

WINTER SCHEDULE

Skate Sessions

Monday-Thursday	9:00 am-9:00 pm
Friday	9:00 am-10:00 pm
Saturday	10:00 am-10:00 pm
Sunday	10:00 am-9:00 pm

WINTER 2011-12 HOLIDAY SCHEDULE

December 24, 2011	10:00 am-5:00 pm	Christmas Eve
December 25, 2011	CLOSED	Christmas Day
December 31, 2011	10:00 am-5:00 pm	New Year's Eve
January 1, 2012	12:00 pm-5:00 pm	New Year's Day

Band Nights at the Skatepark

The Etnies Skatepark of Lake Forest is proud to be the only all ages venue for live music in South Orange County. Skate or enjoy the tunes in a safe environment. Bands like JFA, The Stitches, Dubluva, and many others have donated their time and energy to help raise money to keep our park free to ride. Support your local Skatepark and enjoy a night of great tunes! Do you have a band interested in playing at the Park? Drop off a demo CD at the Skatepark office with your contact information and we will review it for a future show!

Fee: \$5 entry fee per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

**For more info and specific bands playing, please call:
The Skatepark at 916-5870**

All Ages	Dec 16	Fri	6:00-10:00 pm
All Ages	Jan 20	Fri	6:00-10:00 pm
All Ages	Feb 10	Fri	6:00-10:00 pm

Etnies Winter Break Skate Camp

Choose this winter break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. **Exciting additions for this year's skate camp will be a trip on Friday of each week up to skate at the Etnies Training Facility located in the warehouse in the upper lot adjacent to the Skatepark.** Our staff barbeques lunch for all campers on a daily basis. Specific clinics covered during camp lesson times include the basics of ollies, how to kick flip, how to grind, bowl riding, and skating transitions. Each camper will have the opportunity to make their own skateboard deck (included with camp). All camp activities will be held by experienced Skatepark staff who have a proven successful track record in improving skateboard skills. Hone your skills on a variety of the best Skatepark terrain around, including the skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment and a lunch/drink each day. All proceeds go directly to keeping the Park free.

Fee: \$195 per person

Limited to 10 per session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The City of Lake Forest at 461-3450

To Register: On-Line, Mail-In, Walk-In

Act#: 2604	6 yrs & older	Dec 19-23	Mon-Fri	10:00 am-2:00 pm
Act#: 2603	6 yrs & older	Dec 26-30	Mon-Fri	10:00 am-2:00 pm

Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!





Birthday Parties at the Skatepark



Make your next party a Skate Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates!

Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
- The picnic bench area is decorated and reserved for your party goers.

Note: All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

Inclement weather policy – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email Ngates@lakeforestca.gov or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.



Eighth Anniversary Skatepark Party

This year celebrates the 8th year since the grand opening of the Park and this year's party will be the first since the recently completed expansion. Come celebrate almost a decade of free skateboarding with pizza, drinks, and skate session. There will also be an opportunity prize drawing. Food and drinks will be available for a nominal fee.

Fee: Free to attend. Food and Drink will be available for a nominal fee.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages Dec 13 Tue 5:00-6:00 pm

Beginning Skateboard Lessons

Have you wanted to start skateboarding but don't know where to begin? Ever wanted to experience the rush of a skateboard, but lack the courage and the know how? This is the class for you. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This is the most economical skateboard class offered in Orange County. The class maximum is 10 participants to 1 Teacher. If you desire more one-on-one time in lessons, we would suggest signing up for private lessons.

Instructor: Skatepark Staff

Fee: \$65 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2605	6 yrs and up	Dec 6-20	Tue	4:00-5:00 pm
Act#: 2606	6 yrs and up	Jan 3-24	Tue	4:00-5:00 pm
Act#: 2607	6 yrs and up	Feb 7-28	Tue	4:00-5:00 pm
Act#: 2608	6 yrs and up	Dec 3-24	Sat	9:00-10:00 am
Act#: 2609	6 yrs and up	Jan 7-28	Sat	9:00-10:00 am
Act#: 2610	6 yrs and up	Feb 4-25	Sat	9:00-10:00 am

Intermediate Skateboard Lessons

Did you start in the beginning skateboard lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basics but desire to improve. Skills covered in this class are the art of Ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff

Fee: \$65 – 4-week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2611	6 yrs and up	Dec 6-20	Tue	5:00-6:00 pm
Act#: 2612	6 yrs and up	Jan 3-24	Tue	5:00-6:00 pm
Act#: 2613	6 yrs and up	Feb 7-28	Tue	5:00-6:00 pm
Act#: 2614	6 yrs and up	Dec 3-24	Sat	10:00-11:00 am
Act#: 2616	6 yrs and up	Jan 7-28	Sat	10:00-11:00 am
Act#: 2615	6 yrs and up	Feb 4-25	Sat	10:00-11:00 am



Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make-up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

Missed Class Policy

Classes cannot be made up if they are missed by the participant.





Private Skateboard Lessons

One-on-one instruction from the basics to advanced techniques. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff that specialize in teaching lessons catered to each individual. Whatever you may want to learn, we have some of the best teachers around, as well as the best Skatepark around to meet all of your learning needs.



Instructor: Skatepark Staff

Fee: \$40 – per forty five minute session. Sign up for a month of classes for \$140 per 4-lesson package (a \$160 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-in. On-Line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

DECEMBER

Act#: 2617 Dec-A	6 yrs and up	Dec 1	Thu	3:00 pm
Act#: 2617 Dec-B	6 yrs and up	Dec 1	Thu	4:00 pm
Act#: 2617 Dec-C	6 yrs and up	Dec 1	Thu	5:00 pm
Act#: 2617 Dec-D	6 yrs and up	Dec 1	Thu	6:00 pm
Act#: 2617 Dec-E	6 yrs and up	Dec 8	Thu	3:00 pm
Act#: 2617 Dec-F	6 yrs and up	Dec 8	Thu	4:00 pm
Act#: 2617 Dec-G	6 yrs and up	Dec 8	Thu	5:00 pm
Act#: 2617 Dec-H	6 yrs and up	Dec 8	Thu	6:00 pm
Act#: 2617 Dec-I	6 yrs and up	Dec 15	Thu	3:00 pm
Act#: 2617 Dec-J	6 yrs and up	Dec 15	Thu	4:00 pm
Act#: 2617 Dec-K	6 yrs and up	Dec 15	Thu	5:00 pm
Act#: 2617 Dec-L	6 yrs and up	Dec 15	Thu	6:00 pm
Act#: 2617 Dec-M	6 yrs and up	Dec 22	Thu	3:00 pm
Act#: 2617 Dec-N	6 yrs and up	Dec 22	Thu	4:00 pm
Act#: 2617 Dec-O	6 yrs and up	Dec 22	Thu	5:00 pm
Act#: 2617 Dec-P	6 yrs and up	Dec 22	Thu	6:00 pm

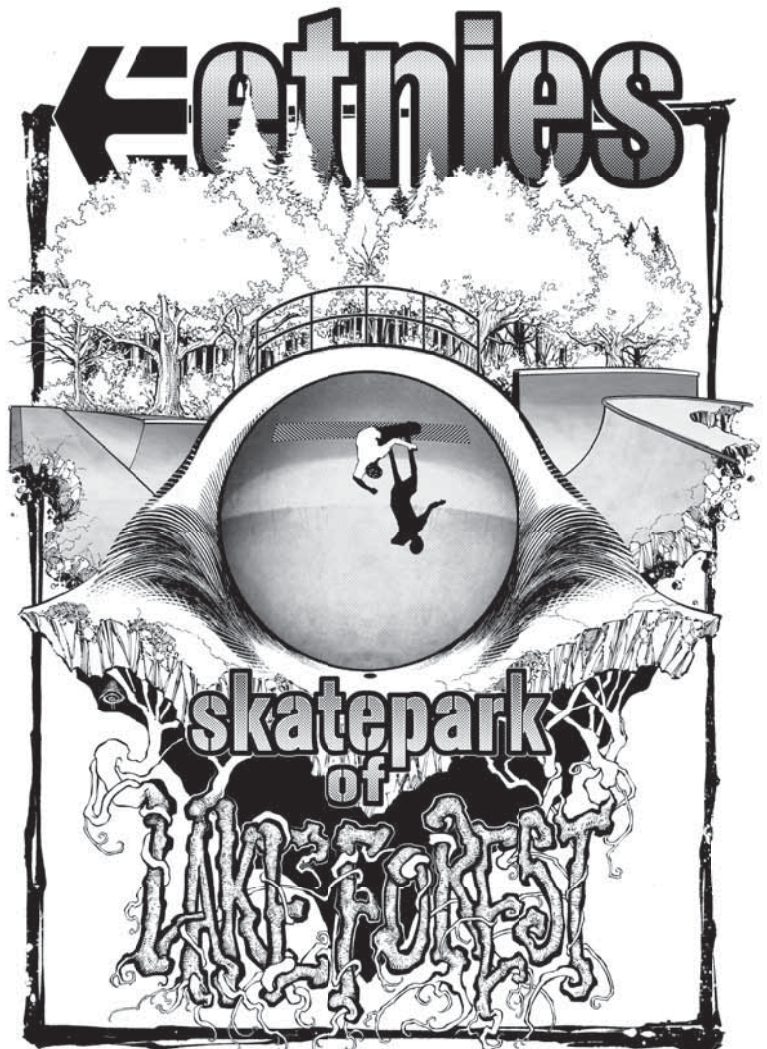
JANUARY

Act#: 2617 Jan-A	6 yrs and up	Jan 5	Thu	3:00 pm
Act#: 2617 Jan-B	6 yrs and up	Jan 5	Thu	4:00 pm
Act#: 2617 Jan-C	6 yrs and up	Jan 5	Thu	5:00 pm
Act#: 2617 Jan-D	6 yrs and up	Jan 5	Thu	6:00 pm
Act#: 2617 Jan-E	6 yrs and up	Jan 12	Thu	3:00 pm
Act#: 2617 Jan-F	6 yrs and up	Jan 12	Thu	4:00 pm
Act#: 2617 Jan-G	6 yrs and up	Jan 12	Thu	5:00 pm
Act#: 2617 Jan-H	6 yrs and up	Jan 12	Thu	6:00 pm
Act#: 2617 Jan-I	6 yrs and up	Jan 19	Thu	3:00 pm
Act#: 2617 Jan-J	6 yrs and up	Jan 19	Thu	4:00 pm
Act#: 2617 Jan-K	6 yrs and up	Jan 19	Thu	5:00 pm
Act#: 2617 Jan-L	6 yrs and up	Jan 19	Thu	6:00 pm
Act#: 2617 Jan-M	6 yrs and up	Jan 26	Thu	3:00 pm
Act#: 2617 Jan-N	6 yrs and up	Jan 26	Thu	4:00 pm
Act#: 2617 Jan-O	6 yrs and up	Jan 26	Thu	5:00 pm
Act#: 2617 Jan-P	6 yrs and up	Jan 26	Thu	6:00 pm

FEBRUARY

Act#: 2617 Feb-A	6 yrs and up	Feb 2	Thu	3:00 pm
Act#: 2617 Feb-B	6 yrs and up	Feb 2	Thu	4:00 pm
Act#: 2617 Feb-C	6 yrs and up	Feb 2	Thu	5:00 pm
Act#: 2617 Feb-D	6 yrs and up	Feb 2	Thu	6:00 pm
Act#: 2617 Feb-E	6 yrs and up	Feb 9	Thu	3:00 pm
Act#: 2617 Feb-F	6 yrs and up	Feb 9	Thu	4:00 pm
Act#: 2617 Feb-G	6 yrs and up	Feb 9	Thu	5:00 pm
Act#: 2617 Feb-H	6 yrs and up	Feb 9	Thu	6:00 pm
Act#: 2617 Feb-I	6 yrs and up	Feb 16	Thu	3:00 pm
Act#: 2617 Feb-J	6 yrs and up	Feb 16	Thu	4:00 pm
Act#: 2617 Feb-K	6 yrs and up	Feb 16	Thu	5:00 pm
Act#: 2617 Feb-L	6 yrs and up	Feb 16	Thu	6:00 pm
Act#: 2617 Feb-M	6 yrs and up	Feb 23	Thu	3:00 pm
Act#: 2617 Feb-N	6 yrs and up	Feb 23	Thu	4:00 pm
Act#: 2617 Feb-O	6 yrs and up	Feb 23	Thu	5:00 pm
Act#: 2617 Feb-P	6 yrs and up	Feb 23	Thu	6:00 pm

**New Skatepark T-Shirts Make
Great Stocking Stuffers!**





TEEN ACTIVITIES & EXCURSIONS

Do you want to make a difference in your community? Do you wish there were more things to do in Lake Forest? Then get active in your community and make it happen by joining the S.W.A.G. Let your voice be heard! Help plan teen activities and excursions, be a part of the Lfteens.com webpage design group, volunteer for City events, and be a part of your community. The committee meets twice a month.



Fee: Free!

Location: The Lounge at the Lake Forest Community Center
(25550 Commercentre Dr)

For More Info Call: 461-3446 or e-mail charris@lakeforestca.gov.

To Register: Please submit a S.W.A.G. application available at the Lake Forest Community Center or via the www.lfteens.com website.

Teens	Dec 14	Wed	6:00-7:00 pm
Teens	Dec 29	Thu	6:00-7:00 pm
Teens	Jan 11	Wed	6:00-7:00 pm
Teens	Jan 26	Thu	6:00-7:00 pm
Teens	Feb 8	Wed	6:00-7:00 pm
Teens	Feb 23	Thu	6:00-7:00 pm

THE Lounge 2011/2012 School Year

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an X-Box 360, movies, games, a computer lab, homework help and so much more. What are you waiting for? Sign up today! A FREE shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the district's calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Thursday for the entire school year so the fun won't stop until it's summertime. **Pre-registration is required for this program.**

Fee: Free

Location: The Teen Lounge at the Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: 461-3446 or
e-mail charris@lakeforestca.gov

To Register: Pick up a registration packet at the Serrano or Los Alisos Middle School offices or at the Lake Forest Community Center.

Teens	Sep 13-Jun 22	Mon-Thu	3:30-6:00 pm (excluding school holidays)
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Teen Winter Break Adventure Camp

Calling all Jr. High students! Experience fun amusement parks and attractions Southern California has to offer during the winter break! Sign up for this exciting camp where we will be going on ADVENTURES to places like Regal Movies, Pump It Up and Knott's Berry Farm! Our fee includes activities, trips, snacks, supplies and transportation. Don't wait! Sign up for this camp fast before you have to go back to school!

Fee: \$99 per participant/Resident
\$104 per participant/Non-Resident
(4-day camp)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-in, Walk-in

For more info call:
The City of Lake Forest at 461-3450

Act#: 2570 12-14 yrs Dec 19-Dec 22
Mon-Thu 8:00 am-6:00 pm

Go On Fun Excursions!

Make New Friends!





Snow Summit

What better way to spend a day off from school than carvin' up some of Southern California's freshest powder at Snow Summit in Big Bear. This trip will include transportation, lift tickets, lunch, and all the snowy slopes you can handle. What are you waiting for? Sign up today and we'll see you on top of the mountain.

Fee: \$60 per participant

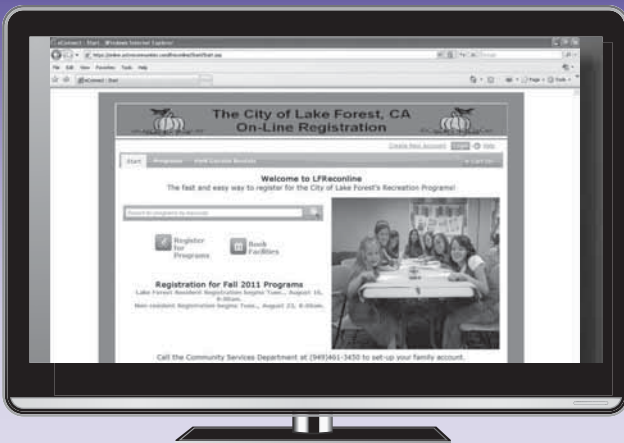
Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-in, Walk-in

For more info call: The City of Lake Forest at 461-3450

Act#: 2571 12-18 yrs Feb 17 Fri 6:00 am-9:00 pm

Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

online.activecommunities.com/lfreconline

COMMUNITY SERVICES

Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall
(25550 Commercentre Dr)

For more info call: The City of Lake Forest Police Services at 461-3530

On-going

Mon-Thu

8:00 am-6:00 pm



F.Y.I.



Vacation Home Checks

Lake Forest Police Services offers FREE vacation home checks to our residents all year long. While you are out of town, our volunteers will check the exterior of your residence to make sure your home stays safe while you're away. All you have to do is fill out a form and submit it to our office. You can find detailed information on our City website at www.lakeforestca.gov under Police Services or by calling 461-3530.



BECOME A LAKE FOREST POLICE EXPLORER!

The Orange County Sheriff's Department (OCSD) Explorer program has several divisions throughout the Orange County. The qualifications to become an Explorer are:

- Must be 14½- 20 years old
- Must be out of middle school
- Good standing with school officials
- No previous criminal record
- A minimum 2.0 grade point average

The Explorers assist Lake Forest Police Services with special events, DUI/Driver's License checkpoints, child fingerprinting, traffic control, clerical work, training, natural disasters, Search & Rescue, and the lost child booth at the Orange County Fair. After Explorers graduate from a 5 day academy, they become eligible for patrol ride-a-longs, training in police services and tactics, and compete in national Explorer competitions. For more information, please contact 461-3545.





SENIOR PROGRAMS



Senior Scene - A Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories!

You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program.

Fee: Free!

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450 or contact Brenda Silvey via e-mail at bsilvey@lakeforestca.gov.

Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, 2 drinks and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program and reservations are also recommended. Reservations should be made by 1:00 pm on Thursdays for the following week. **If you would like to take your box lunch home, you must bring an insulated cooler.**

Fee: \$4 suggested donation is requested per participant

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info or to register call: The City of Lake Forest at 461-3445

Seniors On-going Mon-Wed 11:30 am



B-I-N-G-O & FREE Hot Lunch

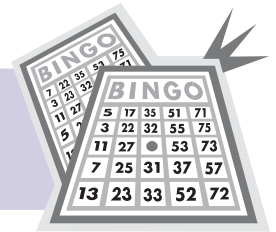
provided by the City of Lake Forest every Thursday!

Seniors On-going Mon-Thu 10:00 am-2:00 pm

THURSDAYS

10:30 am: Bingo

12:00 pm: Hot Lunch



Please Note: The Senior Scene Clubhouse will be closed on the following dates: Monday, December 26, Monday, January 2, 2012, Monday January 16, and Monday, February 20.



Senior Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).

SENIOR TRANSPORTATION, AN EASIER WAY TO GO!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday thru Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at 855-9766. It is "mandatory" that all reservations and cancellations be made at least 24 hours in advance. Cost is fifty cents per trip. For more information, please call 461-3450.

Non-Emergency Medical Transportation

Age Well Senior Services, Inc. offers Lake Forest seniors (at least 60 years of age) non-emergency medical transportation to their medical facilities for \$2 one-way, within a designated service area. The program also serves Kaiser Anaheim (Lakeview), UCI Medical Center in Orange, St. Joseph's Hospital of Orange and the Long Beach Veterans Hospital. Rides are available Monday through Friday from 7:00 am to 6:00 pm. Participants must be ineligible for the OCTA Access service. Individuals who are currently utilizing OCTA ACCESS and are in a frail medical condition which creates a hardship, may be granted a waiver and be allowed to use the SNEMT Program.

Riders must register with Age Well Senior Services, Inc. before using the service. For detailed information, call 949-855-9766.



Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency.

Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.

Fee: Free!

Location: Lake Forest Community Center, Computer Lab
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Seniors	On-going	Mon, Tue, & Thu	10:00 am-2:00 pm
Seniors	On-going	Wed	1:00 pm-2:00 pm



Crafty Crafters

The Senior Scene Clubhouse offers *Crafty Crafters* once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! **Please call 461-3408 and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!**

Fee: Free!

Location: Lake Forest Community Center, Activities Room
(25550 Commercentre Dr)

Young At Heart ~ Lake Forest Seniors Reading Circle

The Young At Heart~Lake Forest Seniors Reading Circle meets once a month and discusses fiction and non-fiction books they've read...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center, El Toro Room (25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Future books to be discussed and dates:

Dec 8 Thu 10:00 am 84 Charing Cross Road
(reviewing DVD – no book discussion. Meeting in the Lounge)

Jan 19 Thu 10:00 am The Art of Racing in the Rain
by Garth Stein

Feb 16 Thu 10:00 am The Tennis Partner
by Abraham Verghese

FREE VACCINATIONS!!!

No need to make an appointment!!!

On Thursday, December 1, 10:00 am to 2:00 pm the City of Lake Forest and the Orange County Health Care Agency will provide FREE flu vaccinations at the Lake Forest Community Center (25550 Commercentre Dr.).



Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks and a weekly putting contest.

Fee: Lake Forest Senior residents – \$57
Non-residents – \$78

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

For more info or to register call: Angela Kelly at 588-0917

Registration for Session 52 on Thu, Jan 5 only

Registration for Session 53 on Thu, Feb 23 only



TEE TIMES

Session 52	Seniors	Jan 5-Feb 9	Tue or Thu only	7:45-8:15 am
Session 53	Seniors	Feb 23-Mar 29	Tue or Thu only	7:45-8:15 am

Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$8.50 per resident senior (plus \$3 shoe rental)
\$10.50 per non-resident senior (plus \$3 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register Call: Forest Lanes at 770-0055

Seniors	On-Going	Fri	1:00-3:30 pm
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HICAP

Health Insurance Counseling and Advocacy Program

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

What is Medicare? What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?

HICAP CAN HELP YOU! HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

Appointments are available from 10:00 am-2:00 pm on the second Tuesday of the month (December 13, January 10, 2012, and February 14).

**TO MAKE AN APPOINTMENT, PLEASE
CALL 461-3408 AND LEAVE YOUR
NAME AND PHONE NUMBER.**

AARP Tax-Aide-Get Free Tax Help!!!

The City of Lake Forest and AARP are excited to offer this free tax preparation program to middle and low-income taxpayers. AARP Tax-Aide is a charitable non-profit organization that has assisted over 34 million taxpayers in filing their tax returns. Call and make your tax appointment today! It's as easy as 1-2-3! ***Please note that those taxpayers with complex tax returns will be advised to seek professional tax assistance (i.e., Partnerships, Rentals, and Estates).***

Fee: Free

Location: Lake Forest Community Center, 25550 Commercentre Drive, Lake Forest (corner of Bake Parkway and Commercentre Drive) in the Community Center's Activities Room.

For an appointment call: The City of Lake Forest at 461-3408

Mondays, 10:00 am-1:00 pm

- Feb 6, Feb 13, & Feb 27 (closed Feb 20 for Presidents' Day)
- March 5-March 26
- Apr 2 & 9 (Apr 9, last day for appts.)

What should you bring to your tax appointment?

- Current year's tax forms and preparation booklet
- Copy of last year's income tax returns
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-MISC, 1099R-Pension or annuity)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing deductions

Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.**

You can pick up a cell phone and a battery Monday through Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call 461-3408 and leave your name and phone number and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10:00 am to 2:00 pm.





CALL FOR NOMINATIONS!

The City of Lake Forest is planning its Seventh Annual Excellence for Seniors Award Luncheon. The Excellence for Seniors Awards will honor those who have made an outstanding difference in the lives of our senior community and the City's programming efforts. The City of Lake Forest is accepting nominations for the individual who has made the largest impact on the City of Lake Forest's senior programs and/or facilities during 2011, upholding our mission statement, **Recognizing outstanding contributions made on behalf of Lake Forest Seniors!** The Sax Award will honor the selected individual and will be given annually as we seek to recognize these outstanding efforts.

To make a nomination, you will need to fill out a nomination application of your nominee's accomplishments (i.e. donation of time or needed items, hands-on involvement, etc.) with **an emphasis on special efforts or achievements** of the individual you believe deserves to be recognized with the prestigious Sax Award.

Applications and statements are due by Friday, February 24, 2012. Please note, a nominee is *not* selected based on total number of votes. A recipient who has won cannot win in consecutive years but can be nominated and considered after three years of receiving the first Jim Sax Award. A panel of judges (Mayor, Mayor Pro-Tem, Planning Commissioners Chair and Co-Chair, and Parks & Recreation Commissioners Chair and Co-Chair) will review all nominations.

Please call 461-3450 to request an application or additional information or download an application from the City's website at www.lakeforestca.gov/seniors.

Current Elected City Officials, Appointed City Officials and City Staff are not eligible for participation.



2010 Jim Sax Award Recipient Myron Drinkwater

Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP. 888-687-2277
 ACCESS (Reservations/Information). .877-628-2232
 ACCESS (Eligibility) 714-560-5956
 Age Well Senior Services, Inc. 855-8033
 (formerly South County Senior Services)
 City of Lake Forest City Hall 461-3400
 Council on Aging 714-479-0107
 Disabled Housing Information. . . . 714-567-7500
 Elder/Disabled Adult Abuse. 800-451-5155
 HiCap Services 800-434-0222
 Human Services Information 2-1-1
 Irvine Valley College/Emeritus 451-5555
 Meals on Wheels. 380-0155 ext.12
 Medicare Fraud Hotline. 800-447-8477
 OCTA (Transportation). 800-636-7433
 Office on Aging. 800-510-2020
 Orange Caregiver Resource Center. .800-543-8312



Holiday Caroling Concerts Coming Your Way!

Soundsation & Choralistics at the Senior Scene Clubhouse

Our very own El Toro High School has two outstanding vocal performance teams, Soundsation and Choralistics. There are over 60 girls and boys in these two singing and dancing groups who have consistently won top honors in the competition and have brought back several gold level awards.

Fee: Free

For more info call: The City of Lake Forest at 461-3450

Seniors Dec 8 Thu 1:00 pm

Holiday Caroling Concerts

Southern California's premiere caroling ensemble, *The Charles Dickens Carolers* will be spreading holiday cheer at several locations throughout Lake Forest. Their international repertoire of novelty holiday arrangements is sure to get you in the holiday spirit.



Fee: Free

For more info call: The City of Lake Forest at 461-3450

All Ages Dec 22 Thu Times & Locations Listed Below

Location: Forest Gardens Mobile Home Community
(24001 Muirlands Blvd) – 10:00 am

Freedom Village – Main Lobby
(23442 El Toro Rd) – 11:00 am

Lake Forest Community Center
(25550 Commercentre) – 1:00 pm

Lake Forest Nursing Center
(25652 Old Trabuco Road) – 2:15 pm

Prothero Mobile Estates
(24701 Raymond Way) – 3:00 pm



Winter Registration Dates:

Tuesday, November 15 (Lake Forest Residents)
Monday, November 21 (Non-Residents)

White Elephant Exchange & Holiday Luncheon



You ask "What is a White Elephant Exchange?" First and foremost...no four-legged white elephants will be attending the luncheon...however, we want you to bring something that you may love to get rid of or shall we say "exchange." What makes this so fun is that you do not have to go shopping! Just go through your garage, closet or drawers and bring that "special" something to the luncheon all wrapped up in a brown paper bag. How much easier can it get? Be ready to play a great game with these one-of-a-kind gifts. We'll provide a scrumptious lunch for all to enjoy!

DUE TO LIMITED SEATING...RESERVATIONS ARE A MUST! Lake Forest residents can register for the White Elephant Luncheon beginning Tuesday, November 15, by calling 461-3450 or coming to the 2nd floor reception desk during normal business hours. (Non-residents can register beginning Monday, November 21.) Each registrant will be limited to reserving two seats ONLY.

Fee: Free

Location: Senior Scene Clubhouse (25550 Commercentre Dr)

Act#: 2577 Seniors Dec 15 Thu 11:00 am-2:00 pm

Please notify staff if you are unable to attend or if you are arriving late. The festivities and fun begins at 11:00! At 10:45 seating will be available to those on the wait list.



2 (Heart to Heart) Dinner Dance

Get ready for a "sweet" evening of dinner, dancing and laughter. It's a party so let's get dressed up! Dress in your "reddest red", your prettiest dress or gown, suit or tuxedo, or wear some snappy red dancing shoes...and when you do you'll receive FIVE additional opportunity tickets to increase your chances of winning some great prizes! We're going to have "some kind of fun!"



Fee: \$7 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2579 Adults/Seniors Feb 3 Fri 4:00-7:00 pm



EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. **Tickets that are purchased for City of Lake Forest Excursions are non-transferable.**

2012 Rose Parade: "Just Imagine"

The 123rd Rose Parade themed "Just Imagine," will take place on Monday, January 2 at 8:00 a.m. This world famous parade features spirited marching bands from throughout the nation, majestic floral floats, and high-stepping equestrian units. We have great grandstand seats at 1350 E. Colorado Blvd reserved just for you. Excursion includes grandstand tickets, luxury coach transportation, breakfast treats, boxed lunch, and snacks. **Bus leaves promptly at 6:00 am.**



Fee: \$99 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail, In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2588 Families Jan 2 Mon 6:00 am-2:00 pm

Viejas Casino & Outlet Center – Alpine (San Diego County)

You don't have ringing in your ears...that's the sound of the slot machine bell ringing when you play on one of the 2,500 slots at the Viejas Casino. They have all your favorites like Wheel of Fortune, Megabucks, Pot O'Gold and more. And if you don't get enough Bingo at the Senior Scene Clubhouse, try the new "electronic touch pads" that make playing Bingo easier than ever. Enjoy playing Blackjack, Poker, Pai Gow and Baccarat, too! For those who want to break up the day, take a short walk across the driveway to the Outlet Center where you can shop at Bass, Izod, Lane Bryant, Eddie Bauer, Border's Books, Jones New York, and many more stores. You will receive a complimentary Casino Fun Book (discounts to the Viejas Outlet along with \$5.00 off in the Harvest Buffet or any purchase at Daisy's Café or Far East Winds).

Fee: \$10 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2587 Adults/Seniors Jan 10 Tue 9:00 am-6:00 pm

Tour the "Undiscovered Chinatown & Lunch" – Los Angeles

Visit a temple, an herb shop, art galleries, antique stores, and more when guided to the unique treasures—not to mention great bargains—to be found in Chinatown. When taking in all the sites you will see Chinatown at its best decorated for the Chinese Year Festivities. The two and a half hour walking tour takes visitors to off-the-beaten-track points of interest, with tidbits of culture shared along the way. Those interested in shopping are guided to some of Chinatown's best bargains and trendiest shops. See why Chinatown is now touted by *Sunset* and *Los Angeles* magazines as one of the hottest destinations for urban adventure! The tour will include lunch at one of Chinatown's phenomenal restaurants. **Note: Excessive walking and standing...wear comfortable shoes.**

Fee: \$58 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail, In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2581 Adults/Seniors Feb 15 Wed 8:15 am-5:00 pm

Lawrence Welk Resort Theater presents "The Producers" & Buffet Lunch - San Diego



The ever so-popular "The Producers" is a hilarious musical production adapted by Mel Brooks and Thomas Meehan. The story is about two theatrical producers who scheme to get rich by overselling interests in a Broadway flop. Before the musical begins, you will feast on a variety of salads, entrées and scrumptious desserts.

Fee: \$75 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail, In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2582 Adults/Seniors Mar 21 Wed 9:30 am-5:30 pm

Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!



SENIOR EMERITUS CLASSES through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

REGISTRATION FOR SENIOR EMERITUS CLASSES ONLY

To register for the Emeritus Classes
the following options are available.

On-Line Registration log onto
www.123getsmart.com

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select class category (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order...click on the class you want.)
- Click on the Class Course Number for the section you want
- Click the "Add" button
- Click on "Create New Account" (your previous IVC Student Number and Pin Number do not work on this system)
- Fill in all your personal contact information.
- Choose the button to continue Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

Phone Registration

- Call 949-451-5555 Monday through Friday 9:00 am – 5:00 pm

Mail form and payments to:

- IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

Fax form to IVC: 949-451-5270

Computers

For information on future computer courses,
please contact IVC at 949-451-5555.

Social Networking on Facebook- Series I

Facebook is becoming more and more popular...it's an easy way to stay connected with your family & friends. This instructional class will teach you the account basics and security issues.

Fee: TBD

Location: Lake Forest Community Center –
Training Room (25550 Commercentre Dr)

To register by phone: Call IVC at 451-5382

TBD

Social Networking on Facebook- Series II

This intermediate class will show you how to share links, videos, setting up groups for sharing to a subset of your friends. Recommended: Facebook Skills

Fee: TBD

Location: Lake Forest Community Center –
Training Room (25550 Commercentre Dr)

To register by phone: Call IVC at 451-5382

TBD



PLEASE NOTE: You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.



Fitness

It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$29.00

Location: Lake Forest II Sun & Sail Club
(24752 Toledo Way)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 4719 Seniors Feb 9-May 3 Thu 10:00-11:30 am

Dyna Bands Workout and Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$25.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 4688 Seniors Feb 7-May 1 Tue 12:30-2:00 pm

Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$29.00

Location: Lake Forest II Sun & Sail Club
(24752 Toledo Way)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 4755 Seniors Feb 7-May 1 Tue 10:00-11:30 am

Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20.00

Location: Lake Forest I Beach & Tennis Club
(22921 Ridge Route)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 4651 Seniors Feb 7-May 1 Tue 2:00-3:30 pm

Tic#: 4648 Seniors Feb 9-May 3 Thu 2:00-3:30 pm

Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$36.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 4787 Seniors Feb 8-May 2 Wed 1:00-2:30 pm

Tai Chi Ch'uan

This course presents Tai Chi Ch'uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of Tai Chi Ch'uan.

Fee: \$25.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 4679 Seniors Feb 8-May 2 Wed 9:00-10:30 am

Advanced Tai Chi Ch'uan

This class is an advanced tai chi class for students Guang Ping Yang tai chi.

Fee: \$25.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 4770 Seniors Feb 8-May 2 Wed 10:30 am-12:00 pm

Advanced Tai Chi Ch'uan – Intersession

This class is an advanced Tai Chi class for students Guang Ping Yang Tai Chi. For continuing students only

Fee: \$24.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 4108 Seniors Nov 30-Jan 25 Wed 9:00-10:00 am

PLEASE NOTE: You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.



RECREATION CLASSES

Preschool Programs

Super Hero and Friends Party!

We invite your child to come show off their super hero powers at this Super Hero and Friends Party! Have your child dress up in their favorite super hero costume. We will enjoy songs, crafts, games, and a snack! Parent participation is recommended.

Fee: \$10 per child – Resident
\$15 per child – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2526 2-5 yrs Dec 16 Fri 10:00-11:00 am



Winterfest!

Come celebrate the things we all love about winter- the gingerbread man, snowflakes, reindeer, and candy canes! This four-week class will feature songs, games, story time, snacks and fun for all! Parent participation is recommended.

Fee: \$30 per child – Resident
\$35 per child – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2527 2-5 yrs Jan 6-Jan 27 Fri 10:00-11:00 am



Sweetheart Valentine's Day Party!

Roses are red, violets are blue. We want to celebrate Valentine's Day with YOU! We'll decorate cookies, sing songs, play games, and make Valentines! Have your child come dressed in their favorite Valentine's Day colors and enjoy everything we all love about Valentine's Day! Parent participation is recommended.

Fee: \$10 per child – Resident
\$15 per child – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2528 2-5 yrs Feb 10 Fri 10:00-11:00 am



Circus Party!

Get ready for the greatest show on earth! Join us as the Circus rolls into Lake Forest! Dare to walk the tightrope, help your child create his or her own balloon animal or join our acrobats in a spectacular performance led by our Lake Forest Ring Leader, Nectar! This Circus party will feature songs, games, crafts, and a Circus snack. Parent participation is recommended.

Fee: \$10 per child – Resident
\$15 per child – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2529 2-5 yrs Feb 17 Fri 10:00-11:00 am



Youth

Parent & Me Princess Ballet and Dance

Does your little one dream of being a Princess? If so, this is the class for her! The princess ballet series is an introduction to the fundamentals of ballet and creative movement with an element of fun and fantasy. With a little help from mom/caretaker, children use props, dress in princess attire, make princess crafts, have princess story time, dance to classical fairy tale music, and much more. Each session features a different princess and the instructor will provide princess attire and props. **Parent participation is required.** For more information on Orange County Dance Productions classes, please visit OCDanceProductions.com.

Instructor: Tiffany Esmond, OC Dance Productions

Fee: \$72 per Parent and Child couple-Resident
\$77 per Parent and Child couple-Non-Resident
(6-week session)

Material Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2485 1 ½-3 yrs Jan 23-Mar 5* Mon 10:00-10:45 am
Act#: 2483 1 ½-3 yrs Jan 28-Mar 3 Sat 9:30-10:15 am
*No class 2/20

Princess Ballet Series

This activity packed class is filled with ballet and creative movement with all the imagery that comes with being a fairy tale princess. Class consists of basic dance skills, creative dance and play, crafts and performance. Participants will dress up in the featured princess skirts with props and music to complete the Princess. Princesses will perform their new routines for family and friends on the last day of class. Each session consists of different featured princesses and crafts. Some parent participation is required. For more information on Orange County Dance Productions classes please visit OCDanceProductions.com. Participants should wear leotards, tights and ballet shoes.

Instructor: Tiffany Esmond, OC Dance Productions

Fees: \$72 per Parent and Child Couple-Resident
\$77 per Parent and Child Couple-Non-Resident
(6-week session)

Material Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2486 3-5 yrs Jan 23-Mar 5* Mon 10:45-11:30 am
Act#: 2484 3-5 yrs Jan 28-Mar 3 Sat 10:15-11:00 am
*No class 2/20

Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 6 year olds! Children will enjoy themed weeks including: Disney, sports, luau and safari days. This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. Most importantly, everyone will have fun!

Instructor: Us Too Center Staff

Fee: \$45 – Resident
\$50 – Non-resident
(4 week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2530	1-2 yrs*	Jan 10-31	Tue	9:00-9:45 am
Act#: 2534	3-5 yrs	Jan 10-31	Tue	10:00-10:45am
Act#: 2531	1-2 yrs*	Jan 12-Feb 2	Thu	9:00-9:45 am
Act#: 2535	3-5 yrs	Jan 12-Feb 2	Thu	10:00-10:45am
Act#: 2532	1-2 yrs*	Feb 7-28	Tue	9:00-9:45 am
Act#: 2536	3-5 yrs	Feb 7-28	Tue	10:00-10:45am
Act#: 2533	1-2 yrs*	Feb 9-Mar 1	Thu	9:00-9:45 am
Act#: 2537	3-5 yrs	Feb 9-Mar 1	Thu	10:00-10:45am

*Mommy & Me classes: parent participation required

Youth Track & Field

Children will learn and participate in relay races, the 50-yard dash, shot put, hurdles and more. Each week your child will improve their skills and build the confidence needed to become a track & field superstar!

Instructor: Us Too Center Staff

Fee: \$100 – Resident
\$105 – Non-resident
(8 week sessions)

Location: Rancho Serrano Park (20842 Paseo Sombra)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2538 6-10 yrs Jan 13-Mar 2 Fri 4:00-5:00 pm

Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!





TriFytt Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$59 per Parent and Child couple- Resident
\$64 per Parent and Child couple-Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2497	1 ½-2 yrs	Jan 19-Feb 23	Thu	9:30-10:00 am
Act#: 2495	2-3 yrs	Jan 19-Feb 23	Thu	10:00-10:30 am
Act#: 2496	3-4 yrs	Jan 19-Feb 23	Thu	10:30-11:00 am

TriFytt Sports: Parent and Me Multi-Sport

This class is a great chance for parents to interact with their young ones while learning the basics of soccer, tee-ball and basketball with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and experience athletic competition firsthand. Instructor: TriFytt Sports Staff

Fee: \$59 per Parent and Child couple – Resident
\$64 per Parent and Child couple – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2494	2-3 yrs	Jan 21-Feb 25	Sat	10:00-10:30 am
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TriFytt Sports Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$59 per participant – Resident
\$64 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2493	3-5 yrs	Jan 21-Feb 25	Sat	9:00-9:45 am
Act#: 2488	5-7 yrs	Jan 21-Feb 25	Sat	10:30-11:15 am



TriFytt Sports Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$59 per participant – Resident
\$64 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2491	3-5 yrs	Jan 20-Feb 24	Fri	3:30-4:15 pm
Act#: 2492	5-7 yrs	Jan 20-Feb 24	Fri	4:15-5:00 pm

TriFytt Sports Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$59 per participant – Resident
\$64 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2489	2-3 yrs	Jan 17-Feb 21	Tue	3:30-4:00 pm
Act#: 2490	3-5 yrs	Jan 17-Feb 21	Tue	4:00-4:45 pm



From Legs to Wings & Back Again

This is a great course designed to introduce your child to the wonderful world of insects! This class will offer hands-on insect building and microscope observation. Computer exploration will also be utilized to bring nature study and engineering together in a big way! With our focus on language arts, math and science readiness, this will be a great all-around adventure for the youngest of learners.

Instructor: Computer Explorers Staff

Fee: \$64 per participant – Resident
\$69 per participant – Non-Resident
(4-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2539	3-5 yrs	Jan 10-31	Tue	10:00-11:00 am
Act#: 2540	3-5 yrs	Feb 7-28	Tue	10:00-11:00 am

Pirate Robot Adventures

Ahoy Matey! Our young pirates will program a pirate robot to search for hidden treasures. They will use their trusty treasure map, create pirate crafts and write their own pirate tale while focusing on math, nature and thinking skills. Join our merry crew and embark on a new adventure each week!

Instructor: Computer Explorers Staff

Fee: \$74 per participant – Resident
\$79 per participant – Non-Resident
(4-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2541	6-8 yrs	Jan 11-Feb 1	Wed	3:30-5:00 pm
Act#: 2542	6-8 yrs	Feb 8-29	Wed	3:30-5:00 pm

Digital Photography & Storytelling

This course offers young learners wonderful tools to explore, create and learn about the world around them. Our young photographers will create their own books, stories and unique projects using our special editing software. See the pride on your child's face as they bring home their very own book and story!

Instructor: Computer Explorers Staff

Fee: \$64 per participant – Resident
\$69 per participant – Non-Resident
(4-week session)

Material Fee: An additional \$12 material fee is due to instructor during first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2543	6-8 yrs	Jan 12-Feb 2	Thu	3:30-5:00 pm
Act#: 2544	6-8 yrs	Feb 9-Mar 1	Thu	3:30-5:00 pm

Parent & Me Clay Time

Roll, pinch and pound! Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired. Aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$59 – Resident
\$64 – Non-Resident
(4-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2499	3-5 yrs	Jan 10-31	Tue	10:00-10:45 am
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Winter Instructor Highlight



Experienced art instructor Lucia Henry encourages creativity in one of her students.

*Instructor **Lucia Henry** has 19 years of experience in art education and currently teaches in 14 different cities throughout Orange County. Lucia thoroughly enjoys working with her students and tells us that "Art is one of the most wonderful non-verbal forms of self-expression." Lucia is patient and urges each of her students to be their creative best!*

Three easy ways to register: on-line, mail-in or walk-in! Turn to pages 31-32 for more info.



Parent & Me Art Time

Explore a variety of art materials and fire up your child's imagination. Hands-on projects may include painting, drawing, printmaking, clay sculpture, and much more! Come and enjoy a special creative time with your little artist. All materials and aprons are provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$55 – Resident
\$60 – Non-Resident
(4-week session)

Materials Fee: An additional material fee of \$15 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2498 3-5 yrs Jan 10-31 Tue 11:00-11:45 am



Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. **Free demo class on Tuesday, January 10th at 10:00 am, please RSVP 350-0985.**

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$145 – Resident
\$150 – Non-Resident
(10-week session.) Babies under the age of 8 months free with registered sibling.

Materials Fee: A required \$40 fee which includes 2 CDs, parent guide and songbook, is due to instructor during first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2500 9 months-5yrs Jan 23-Apr 2* Mon 4:30-5:15 pm

Act#: 2501 9 months-5yrs Jan 17-Mar 20 Tue 9:30-10:15 am

Act#: 2502 9 months-5yrs Jan 17-Mar 20 Tue 10:30-11:15 am

***No class on 2/20**

Music Together Big Kids

Music Together Big Kids is a music class geared to the abilities and interests of 5, 6 and 7 year-old children. The curriculum includes: solos, ensembles, folk dance, harmony singing, vocal development and drumming. Children will also be able to conduct and improvise with music as well as learn story and game songs in a fun and safe environment.

Instructor: Elena Salisbury

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2503 5-7 yrs Jan 23-Mar 19* Mon 3:30-4:15 pm

***No class on 2/20**

Modeling & Style

We will explore the world of modeling by working with make-up, hair products and cameras in this high fashion class. We will learn how to become a model and how to make ourselves prettier on the inside and out. A fashion show performance for friends and family will take place on the last day of class.

Instructor: Tara Meyer

Fee: \$59 – Resident
\$64 – Non-Resident
(4-week session)

Material Fee: \$5 due to instructor during first class meeting

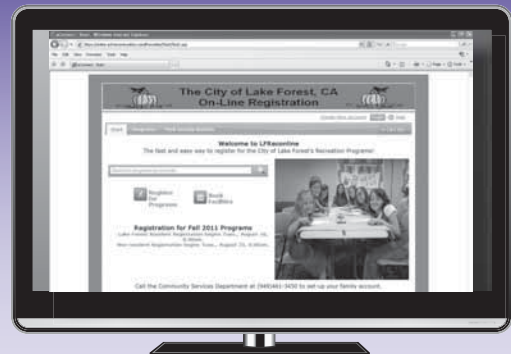
Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2583 11-16 yrs Feb 1-22 Wed 4:30-6:00 pm

Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

online.activecommunities.com/lfreconline

Done with this brochure?

Don't throw it away! Pass it on to your friends and family so they can sign up for our great Winter programs too!





Alphabet Soup

This fun and developmentally appropriate reading program is aligned with the standards and goal of the California Preschool Learning Foundations. The Alphabet Soup curriculum is taught through games, puppets, puzzles, movement, songs, alphabet blocks and arts and crafts. You will be amazed as your child begins to recognize and learn consonant sounds, sight words, short and long vowel sounds and how to tell them apart while reading! Our experienced instructor has been teaching reading to preschoolers in Orange County for over 15 years. A free demo class will be offered on Thursday, January 5th from 10:00-10:45 am. To RSVP please call (949) 433-9219 as space is limited.

Instructor: Iona Pally

Fee: \$60 – Resident
\$65 – Non-Resident
(4-week session)

Materials Fee: An additional \$15 material fee is due to the instructor during the first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2545	4-6 yrs	Jan 12-Feb 2	Thu	10:00-10:45 am
Act#: 2546	4-6 yrs	Feb 9-Mar 1	Thu	10:00-10:45 am

1,2 Buckle My Shoe



This fun and developmentally appropriate class is aligned with standards and goals of the California Preschool Learning Foundations. Your child will discover that math is fun and all around them as they explore concepts such as classification, patterns, cardinal and ordinal counting, measurement, basic geometry, math vocabulary and reasoning including extrapolation. An additional \$30 material fee is due to instructor during first class meeting. A free demo class will be offered on Thursday, January 5th from 11:00-11:45 am. To RSVP please call (949) 433-9219 as space is limited.

Instructor: Iona Pally

Fee: \$60 – Resident
\$65 – Non-Resident
(4-week session)

Materials Fee: An additional \$15 material fee is due to the instructor during the first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2547	4-6 yrs	Jan 12-Feb 2	Thu	11:00-11:45 am
Act#: 2548	4-6 yrs	Feb 9-Mar 1	Thu	11:00-11:45 am

Three easy ways to register:
on-line, mail-in or walk-in!

Turn to pages 31-32 for more info.

Eutonic School of Music

The Eutonic School of Music offers a variety of classes for young and aspiring musicians. These classes are designed to enhance your child's understanding of music and increase their ability to play and perform.

Instructor: Eutonic School of Music Staff

Fee: \$90 – Resident
\$95 – Non-Resident
(6-week sessions)

Location: Eutonic School of Music
(25411 Trabuco Rd. Suite 221)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Drums (An additional \$20 material fee is due to instructor on first class)

Act#: 2505	6-12 yrs	Jan 19-Feb 23	Thu	3:30-4:15 pm
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Children's Singing (An additional \$10 material fee is due to instructor on first class)

Act#: 2506	5-12 yrs	Jan 20-Feb 24	Fri	3:30-4:30 pm
Act#: 2507	5-12 yrs	Jan 20-Feb 24	Fri	4:30-5:30 pm

Bumper Bowling

Kids will love this bowling class because with bumpers, there are no gutter balls. The first two weeks of this class are spent teaching basic delivery skills and etiquette, and the last six weeks are spent integrating these skills into individual league play, while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. Bowling balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treesa Spencer

Fee: \$80 per participant – Resident
\$85 per participant – Non-Resident
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2508	3-7 yrs	Jan 7- Feb 25	Sat	9:30-10:30 am
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Bowling for Fun

Here's a great way to improve your bowling skills and learn the basic fundamentals of bowling. The first two weeks of this class are spent teaching basic delivery skills and etiquette, while the last six weeks are spent integrating these skills into individual league play, all while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. House balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treesa Spencer

Fee: \$80 per participant – Resident
\$85 per participant – Non-Resident
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2509	8-17 yrs	Jan 7- Feb 25	Sat	9:30-10:30 am
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Youth Kung Fu and Conditioning Class

Kung fu stresses self-discipline, self-defense and personal growth. Students will learn that kung fu is about balance and self-discipline. Kung fu is not about winning or losing, it is about focus, enrichment and tolerance for others. This class will encourage self-control and respect for others. Classes are taught in a relaxed, social environment. In order to insure quality instruction and comfort, there is a **15-student limit** for this class. *Ages 5 to 15 may attend.*
www.laukunedo.com

Instructors: Tai Weidmann and Mathew Carver

Fee: \$60 per participant – Resident
 \$65 per participant – Non-Resident
 (4-week session)

Location: Lau Kune Do School of Martial Arts
 (22762 Aspan St #207)

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 2510	5-9 yrs	Jan 16-Feb 8	Mon/Wed	3:00-4:00 pm
Act#: 2511	5-9 yrs	Jan 17-Feb 9	Tue/Thu	4:00-5:00 pm
Act#: 2512	10-15 yrs	Jan 16-Feb 8	Mon/Wed	4:00-5:00 pm
Act#: 2513	10-15 yrs	Jan 17-Feb 9	Tue/Thu	3:00-4:00 pm

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
 \$100 per participant- Non-Resident
 (8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes - Pittsford Park (21701 Pittsford Dr)
 Wednesday classes – Foothill Ranch Community Park
 (19422 Rue De Valore)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2514	3-5 yrs	Jan 9-Feb 27	Mon	3:30-4:30 pm
Act#: 2515	6-7 yrs	Jan 9-Feb 27	Mon	4:30-5:30 pm
Act#: 2516	8-12 yrs	Jan 9-Feb 27	Mon	5:30-6:30 pm
Act#: 2517	3-5 yrs	Jan 11-Feb 29	Wed	3:30-4:30 pm
Act#: 2518	6-7 yrs	Jan 11-Feb 29	Wed	4:30-5:30 pm
Act#: 2519	8-12 yrs	Jan 11-Feb 29	Wed	5:30-6:30 pm

Winter Registration Dates:

Tuesday, November 15 (Lake Forest Residents)
 Monday, November 21 (Non-Residents)

Family

Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$95 – Resident
 \$100 – Non-Resident
 (5-week session)

Location: Lake Forest Community Center
 (25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2520 Families Jan 11-Feb 1 Wed 5:00-6:00 pm

Winter Instructor Highlight



Seasoned instructor Ron Gorman demonstrates the basics in learning to play guitar

*Instructor **Ron Gorman** has 12 years of experience with guitar instruction and an impressive 25 years of playing experience. Ron currently teaches at 13 cities and schools in South Orange County. Ron tells us "I have a passion for playing and teaching how to play the guitar." Ron also assures us that his students will be playing classic rock songs in no time!*

Three easy ways to register: on-line, mail-in or walk-in! Turn to pages 31-32 for more info.



Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2524 10-Adult Mar 17 Sat 10:00 am-5:00 pm

Yamaha Group Piano Lessons



Yamaha's Keyboard Encounters is an innovative course of group piano instruction where tradition and technology meet in harmony! Keyboard Encounters is a proven and successful music course that has helped thousands learn to play and enjoy the piano.

Instructor: Yamaha Clavinova Connection Center Staff

Fee: \$90 per participant – Resident
\$95 per participant – Non-Resident
(6-week session)

Location: Yamaha Clavinova Connection
(23626 El Toro Rd. Suite S3-B)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2593 9 yrs-Adult Dec 5-Jan 19* Wed 6:00-7:00 pm

Act#: 2594 9 yrs-Adult Jan 25-Feb 29 Wed 6:00-7:00 pm

***No class on 12/26**

**Dog Obedience
classes will resume
in Spring 2012
registration session.**



CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. **Participants should bring a self-addressed stamped envelope.** Please Note: This is not a Healthcare Provider level course. **(Pre-registration is required for this course and space is limited.)**

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33- Non-Resident
(one-time workshop)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2521 10-Adult Jan 11 Wed 7:00-9:45 pm

Act#: 2522 10-Adult Feb 8 Wed 7:00-9:45 pm

Act#: 2523 10-Adult Mar 17 Sat 12:30-3:00 pm

Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free /Resident
\$5/ Non-Resident

(Pre-registration is required for this course and space is limited)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2525 10-Adult Mar 17 Sat 3:00-5:00 pm

Done with this brochure?

Don't throw it away! Pass it on to your friends and family so they can sign up for our great Winter programs too!





Adult

Yoga Booty Ballet

Come join the dance party! This dance workout is a fun, spirited way to get a great workout burning over 400 calories. Participants learn basic cardio dance movements that are easy to follow, tone entire body with ballet movements and then strengthen and lengthen with a hybrid of hatha yoga. Class is perfect for those that crave the balance of cardio but want to tone and then conclude with relaxing yoga. Make sure you reserve your spot early as classes do fill up! *For more information on Orange County Dance Productions and Yoga Booty Ballet please visit OCDanceProductions.com.*

Instructor: Kim Esmond, OC Dance Productions

Fee: \$72 – Resident
\$77 – Non-Resident
(6-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2618 18 & up Jan 23-Mar 5* Mon 6:30-7:30 pm
***No class 2/20**

Drums of Africa

This unique course is an introduction to the West African djembe ensemble and its rich traditions, cultural aspects and celebrations. Using traditional technique and rhythm patterns, we will explore the musical spirit of traditional as well as contemporary popular hand drumming. Instructor provides drums and you may bring your own djembe.

Instructor: George Medlock

Fee: \$55 – Resident
\$60 – Non-Resident
(4-week sessions)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2549 18 & up Jan 23-Feb 13 Mon 6:00-7:15 pm
Act#: 2550 18 & up Feb 27-Mar 26 Mon 6:00-7:15 pm

Done with this brochure?

Don't throw it away!
Pass it on to your friends
and family so they can
sign up for our great Win-
ter programs too!



Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 – Resident
\$130 – Non-Resident
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2551	Adult	Beg	Jan 7-Feb 4	Sat	10:15-11:15am
Act#: 2552	Adult	Int	Jan 7-Feb 4	Sat	11:30-12:30pm
Act#: 2553	Adult	Adv	Jan 7-Feb 4	Sat	9:00-10:00am
Act#: 2554	Adult	Beg	Feb 18-Mar 17	Sat	10:15-11:15am
Act#: 2555	Adult	Int	Feb 18-Mar 17	Sat	11:30-12:30pm
Act#: 2556	Adult	Adv	Feb 18-Mar 17	Sat	9:00-10:00am

Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!





Kung Fu: Self-Defense

Over the course of 8 structured classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system that can save people's lives. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility.

In order to insure quality instruction and comfort, there is a **15-student limit** for this class. CLASSES MEET TWICE A WEEK.

Instructors: Mathew Carver and Paul Bennett

Fee: \$100 per participant – Resident
\$105 per participant – Non-Resident
(4-week session; attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St #207) www.laukunedo.com

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 2557	Adult	Jan 16-Feb 8	Mon/Wed	10:00 -11:00 am
Act#: 2558	Adult	Jan 16-Feb 8	Mon/Wed	7:00-8:00 pm
Act#: 2559	Adult	Jan 17-Feb 9	Tue/Thu	6:00-7:00 pm

Tai Chi: Relaxation, Balance and Stress Reduction

Over the course of 8 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a **15-student limit** for this class.

Instructors: Mathew Carver

Fee: \$100 – Resident
\$105 – Non-Resident
(4-week session-attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St #207) www.laukunedo.com

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 2560	Adult	Jan 16-Feb 8	Mon/Wed	6:00-7:00 pm
Act#: 2561	Adult	Jan 16-Feb 8	Mon/Wed	9:00-10:00 am
Act#: 2562	Adult	Jan 17-Feb 9	Tue/Thu	7:00-8:00 pm



Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

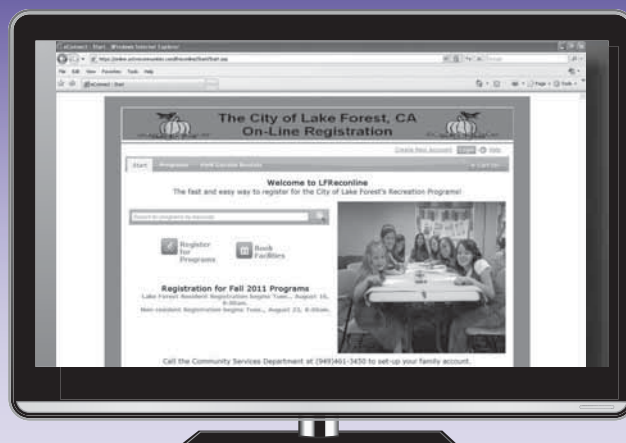
Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2563	16 yrs & up	Jan 14-Mar 3	Beg Sat	9:00-10:00 am
Act#: 2564	16 yrs & up	Jan 14-Mar 3	Int Sat	10:00-11:00 am

Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

online.activecommunities.com/lfreonline

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.



SPECIAL NEEDS

The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.



Us Too Gymnastics ~ Mommy and Me

Our gymnastics class is specifically designed for children and teens with special needs (autism, down syndrome, etc.) Your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. The ratio for our classes is 3-5 students with 2 teachers.

Instructors: Nol Ericson, Anne Rodgick, Jordan Richard, Lindsey Smith and Sommer Smith

Fee: \$125 per month – Resident
\$130 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

To Register: Mail In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 2565 Walking-12 yrs Mommy& Me On-going Tue 4:00-4:45 pm
Act#: 2566 Walking-12 yrs Beg On-going Mon 3:00-3:45 pm
Act#: 2567 Walking-12 yrs Int On-going Thu 5:00-5:45 pm

Pragmatics, Gymnastics, Discussion and Percussion

Social skills taught in themed weeks including a drum circle, community outings, gymnastics and recess play. Ideal for kids 7-11 needing a little extra help with topic maintenance, using expressions, reading social cues, accepting losing/being chosen last on a team, being a good sport, and much more.

Instructor: Shaun Howell M.S. CCC-SLP

Fee: \$60 per session/\$240 per month – Resident
\$65 per session/\$260 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

To Register: Mail-In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 2568 7-11 yrs On-going Fri 5:00-6:00 pm

Us Too Tap

Let your child tap their troubles away. This class will teach your child basic tap skills while they tap their feet to a real cool beat.

Instructors: Dawn Ferry

Fee: \$45 per month – Resident
\$50 per month – Non-Resident

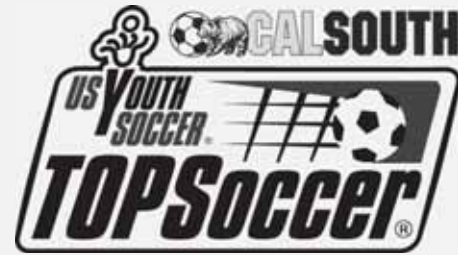
Location: 25 Spectrum Pointe Dr #405

To Register: Mail-In, Walk-In. Online registration is not available for this program.





For more info call: The City of Lake Forest at 461-3450

Act#: 2569 All Ages Ongoing Sat 10:00-10:30 am

What Is" TOPSoccer"?



TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes with physical and mental disabilities.

-  TOPSoccer provides a safe and fun environment for special needs children to participate in organized sports.
-  Athletes between ages 4 and 30 compete in the program, which emphasizes development, training, and meaningful participation rather than competition.
-  Thousands of young athletes with disabilities become valued and successful members of Cal South.
-  TOPSoccer is currently being offered by Saddleback Valley Soccer Association (Rancho Santa Margarita, Foothill Ranch, Mission Viejo, Ladera Ranch), Laguna Niguel Youth Soccer Association, and Capo Football Club (San Juan Capistrano).

For more info, please contact:

Rod Hurt	Saddleback Valley Soccer Association Rod.Hurt@sbvsa.org
John Yots	Saddleback Valley Soccer Association John.Yots@sbvsa.org
Kerry Mackey	Laguna Niguel Youth Soccer Association TOPSoccer@lnysa.org
Nancy Dixon	Capo Football Club CapoTOPSoccer@gmail.com

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.



HOW TO REGISTER

Winter 2011/12 Registration Dates

Lake Forest Residents: Tuesday, November 15

Non-Residents: Monday, November 21

3 easy ways to register:

1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, November 15**.

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at www.lakeforestca.gov and click on the on-line registration button located under Recreation Services or on the left hand side of the home page.



2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

Mail to: City of Lake Forest, Attn: Program Registration,
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630



3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), Lake Forest, CA 92630. Credit Cards are not accepted at City Hall for programs.



Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Registrations for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

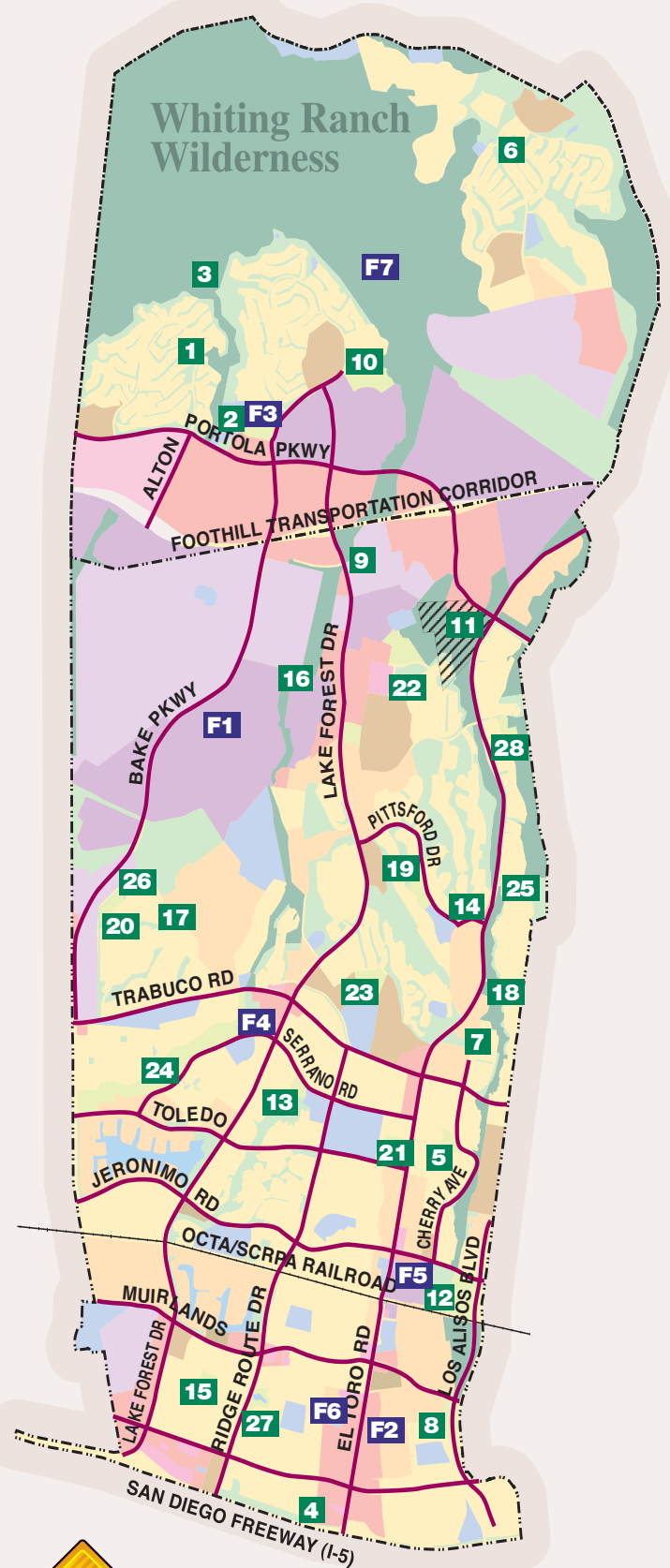
General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list. You will receive a phone call if this occurs.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Registrant must meet the minimum or maximum age requirements for class enrollment.
6. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
7. Returned check policy: If your check is returned to us, you will be charged a \$25.00 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
8. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.
9. A \$5.00 non-resident fee will be applied to certain classes and programs.

Questions on
Registration?
Call 461-3450



City Of Lake Forest Park Guide



CITY PARKS

		Acre	Barbecues	Basketball	Playground	Fitness/Walking	Picnic	Restrooms	Soccer	Baseball	Tennis Court
1	Alton Park 18992 Alton Parkway	2.3	4	1 ^{hc}	1		9				
2	Borrego Park 26982 Cabriole	11	5	1 ^{hc}	1	1	11	1	1		
3	Borrego Overlook Park 21 Viaggio Lane	1.6	3		1		5				
4	Cavanaugh Mini Park 23782 Cavanaugh Road	0.2		1 ^{hc}	1		1				
5	Cherry Park 22651 Cherry Avenue	4.5	6	1 ^{hc}	1		4 1 ^s				
6	Concourse Park 18931 Saddleback Ranch Road	7	2	1 ^{hc}	2	1	14 2 ^s	1			
7	Darrin Park 22461 Cherry Avenue	3.1	6	1 ^{hc}	1		11 1 ^s				
8	El Toro Park 23701 Los Alisos Boulevard	10	4		1		7 1 ^s	1			2 ^L
9	Etnies Skatepark of Lake Forest 20028 Lake Forest Drive	5.3			Skate- park L			1			
10	Foothill Ranch Community Park 19422 Rue De Valore	15.5		1 ^{fc}	1	1	7	1	1	2	2
11	Future Sports Park Location Portola Parkway and El Toro Road										
12	Heroes Park 25420 Jeronimo Road	12.4	1			1	2	1	2	4	
13	Lake Forest Park 24000 Serrano Road	2.3			1						
14	Montbury Park 21962 Montbury Drive	3.5	1				2				
15	Mountain View Park 4061 Dylan Street	5.3	3	1 ^{hc}	2		7 1 ^s	1		1	2 ^L
16	Nature Park 26215 Dimension Drive	4.5				1	1 ^s				
17	Peachwood Park 21132 Peachwood	2.7			1		4				
18	Pebble Creek Park 26441 Pebble Creek Road	1.9			1		1				
19	Pittsford Park 21701 Pittsford Drive	10	2		2	1	8 1 ^s	1			2
20	Rancho Serrano Park 20842 Paseo Sombra	5.1	3				7				
21	Ranchwood Park 22500 Killy Street	1.9		1 ^{hc}	1						
22	Regency Park Regency Lane & Osterman Road	5								1	
23	Rimgate Park 29772 Rimgate	5	1	1 ^{fc}	3		10 1 ^s				1
24	Serrano Creek Park 25101 Serrano Road	44	3		1	1	19 1 ^s	1			
25	Sundowner Park 22041 Sundowners Lane	0.8	1		1		2				
26	Tamarisk Park Tamarisk at Peachwood	11.2		1 ^{fc}	1		11			1	
27	Village Pond Park 23102 Ridge Route Drive	4.7					5				
28	Vintage Park 21000 Vintage Street	4.8	5	1 ^{fc} 1 ^{hc}	1		11				



renovation in progress

• ^{fc} full court • ^L lights
• ^{hc} half court • ^s shelter



park shelter available for reservation

OTHER FACILITIES

F1	City Hall	25550 Commercentre #100	461-3400
F1	Community Center	25550 Commercentre	461-3450
F2	El Toro Library	24672 Raymond Way	855-8173
F3	Foothill Ranch Library	27002 Cabriole	855-8072
F4	Heritage Hill Historical Park	25151 Serrano Road	923-2230
F5	Lake Forest Golf	23308 Cherry Avenue	859-1455
F6	El Toro Post Office	24522 Raymond Way	837-1976
F7	Whiting Ranch Regional Park	Trabuco Canyon	923-2245



Look for updated Virtual Parks Tour on the City website at www.lakeforestca.gov coming soon



32



City of Lake Forest • Community Services Division

Program Registration Form

If you need more than one registration form, please photocopy.

PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____	First Name _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
Birthday _____ (mm/dd/yy)	Email _____	
Street Address _____	City, State, Zip _____	
Home Phone () _____	Work Phone () _____	
Emergency Contact _____	Emergency Phone () _____	

OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees



If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.

REFUND POLICY In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

I permit the use of activity/event photography and/or video of my child or myself for media promotion.

☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: _____

☐ Yes ☐ No

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Date _____

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**
ATTN: Program Registration
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630

Questions on
Registration?
Call 461-3450



Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

Office Use Only	Receipt# _____	Paid by Check# _____	Paid by Cash Amount _____	Initial/ Date _____	Conf _____
-----------------	----------------	-------------------------	------------------------------	------------------------	------------

Credit Card Payments are not accepted at City Hall

Two Awesome Winter Break Camps For Kids!

*Monday, December 19-Thursday, December 22

*Tuesday, December 27-Friday, December 30

*8 am-6 pm • Ages 8-11

Holiday Hoopla



Make New Friends!



Go On Fun Excursions!

Teen Adventure Camp



*Monday, December 19-Thursday, December 22 *8 am- 6 pm • Ages 12-14

For more info and registration details, see pages 5 and 10 inside.